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## IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

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Applicant: Krull Art Unit: 3764  
Serial No: 10/682,265 Examiner:  
Filed: October 7, 2003  
Title: EXERCISE RESISTANCE METHODS AND APPARATUS  
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MAKUL  
Mark A. Krull

TRANSMITTAL SHEET AND DEPOSIT ACCOUNT AUTHORIZATION

Commissioner for Patents  
Attn: Art Unit 3764

Dear Sir:

A Preliminary Amendment (7 pages) is being submitted in connection with the above-identified patent application.

Please charge any appropriate fees, including \$86.00 for two independent claims in addition to three, to USPTO Deposit Account No. 501463. This document is being submitted in duplicate.

MAKUL  
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PRELIMINARY AMENDMENT

Commissioner for Patents  
Attn: Art Unit 3764

Dear Sir:

Introduction

This Preliminary Amendment is being submitted prior to examination on the merits.